

<http://legacyofwisdom.blogspot.com/2015/04/16-step-puja-worship-in-hindusim-or.html>

Visualise Lord Ganesha.

Lightly tap the temples 5 times with knuckles and chant

S(h)uklaa mbharadharam vishnum s(h)as(h)ivarnam
chathurbhujam

Prasannavadanam dhyaayaeth sarvavigno(u)pa s(h)aanthayae

Dhyanam:

Ganaanaam thvaam ganapathimhavaamahae

Kavim kaveenaam upamas(h)ra vasthamam

Jyaeshta raajam brahmanaam brahmanaspatha aanah

Shr(u)nvannothibhihsseeda saadanam

Aavahanam - Invocation.

In this step, we visualise the deity in our mind & offer flower or
akshathai

to the Manjal pillayar. Thereby we invoke the deity in the image.

Asmin bimbe Shri Mahaganapathim aavahayaami

Aasanam - offering seat:

Offer flowers at the feet & chant

Aasanam samarpayaami

Arghyam - Washing the hands:

Offer one spoon of water from the cup with water to the empty
cup & chant

Arghyam samarpayaami

Aachamaniyam - Inner purification;

Offer one spoon of water from the cup with water to the empty
cup &
chant

Aachamaniyam samarpayaami

Madhuparkam - offering water

Offer one spoon of water from the cup with water to the empty
cup &
chant

Madhuparkam samarpayaami

Snaanam - Bath:

Offer one spoon of water from the cup with water to the empty
cup &
chant

Snaanam samarpayaami

Again water for inner purification

Snaanaanantharam aachamaneeyam samarpayaami

Vasthram - Offering Cloth

Offer flowers or akshathai chanting

Vasthram samarpayaami

Upaveetham samarpayaami

Aabharanam - Offering ornaments:

Offer flowers or akshathai, chanting

Aabharanam samarpayaami

Gandham & Kumkumam - Offering sandalpaste & kumkum:

Offer flowers or akshathai, chanting

Gandhaan dhaarayaami

Gandhasyopari haridraakumkumam samarpayaami

Pushpam - offering flowers

Offer flowers or akshathai, chanting

Pushpaam (pushpaani) samarpayaami
Puspaih poojayaami:

Start doing archanai with flowers .

Om Sumukhaaya namah

Om Ekadanthaaya namah

Om Kapilaaya namah

Om Gajakarnakaaya namah

Om Lambodaraaya namah

Om Vikataaya namah

Om Vighnaraajaaya namah

Om Vinaayakaaya namah

Om Ganaadhipaaya namah

Om Dhoomakaethavae namah

Om Ganaadhyakshaaya namah

Om phaalachandraaya namah

Om Gajaananaaya namah

Om Vakrathundaaya namah

Om s(h)oorpakarnaaya namah

Om Haerambaaya namah

Om Skandapoorvajaaya

Om Siddhivinaayakaaya namah

Om s(h)ri Mahaaganapathayae namah

Dhoopam - Offering Incense:

Show the incense (agarbathi) clockwise 3 times, chanting

Dhoopam aaghraapayami

Deepam - Offering deepam from a small lamp;

Show another small lamp in front of the deity, clockwise, three times,

simultaneously ringing bell with the left hand

Deepam sandars(h)ayaami

Offer one spoon of water from the cup with water to the empty cup &

chant

Deepaanantharam aachamaneeyam samarpayaami

Naivedhyam - Offering food (dry or fresh fruit:)

Sprinkle one spoon of water on the naivedhyam & ringing the bell, offer

the naivedhyam (broken coconut, fruits etc,) chanting

Om bhoorbhuvassuvah

Amrthopahstharanamasi

Praanaayah svaahaa

Apaanaya svaahaa

Vyaanaaya svaahaa

Udaanaa ya svaahaa

Samaanaaya svaahaa

Brahmane svaahaa

Naivedhyam nivedayaami

Offer one spoon of water from the cup with water to the empty cup &

chant

Naivedyaanantharam aachamaneeyam samarpayaami

Offer betel leaves & nuts (thamboolam), Chanting

Thaambulam samarpayaami

Karpura niranjanam - offering lighted camphor:

Stand & show lighted camphor clockwise, ringing the bell with the left

hand, chanting

Karpooora neeranjanam samarpayaami

Pour one spoon of water in cup chanting

Karpooora neeraajananantharam aachamaneeyam samarpayaami

Vandanam - thanksgiving:

Offer flowers chanting

Manthrapushpam samarpayaami

Prarthana:

Offer namaskarams, chanting

Namo namo Ganes(h)aaya namasthae vis(h)va roopinae

Nirvighnam kurumae kaamam namaami thvaam gajaanana

Agajaanana padmaarkam gajaananam aharnis(h)

Anaekadanthambhakthaanaam ekadanthamupaasmahae

Vinaayaka varam daehi mahaathman modakapriya

Avighnam kurumae deva sarva kaaryeshu sarvadaa
Vakrathunda mahaakaaya sooryakoti samaprabha
Nirvighnam kurumaadevaa sarvakaaryeshu sarvadaa
Pradakshina namaskaaraan samarpayaami

Sai baba pooja
Dhyanam

ब्रह्मानन्दं परमसुखदं केवलं ज्ञानमूर्तिं
द्वन्द्वातीतं गगनसदृशं तत्त्वमस्यादिलक्ष्यम्
एकं नित्यं विमलमचलं सर्वधीसाक्षिभूतं
भावातीतं त्रिगुणरहितं सद्गुरुं तं नमामि

Brahmanandam parama sukhadam kevalam jnaanamurtim
Dvandvaateetam gaganasadrusham tatvamasyadi lakshyam
Ekam nityam vimalamachalam sarvadheesaakshibhuutam
Bhaavaateetam triguna rahitam sadgurum tam namaami.

S(h)uklaa mbharadharam vishnum s(h)as(h)ivarnam
chathurbhujam

Prasannavadanam dhyaayaeth sarvavigno(u)pa s(h)aanthayae

Om vīṇa nāsāya namaḥ
Om śiva ādi pañcha Devobhyo Namaḥ
Om ādithyādi nava grahabhyo Namaḥ
Om Indra ādi daśa dik paśabhyo namaḥ ([Das Dik Palakas](#))
Om nārāyaṇāya namaḥ
Om Gurave namaḥ
Om Iśta Devobhyo Namaḥ (Eg: Saravāna Bhavāya Namaḥ)
Om Sthāniyā Devī Devobhyo Namaḥ (Eg: Dakṣiṇā Kālīkayai Namaḥ) (For Kolkata Kālī)
Om Kūla Devathabhyo Namaḥ (Eg: Mahāśāstre Namaḥ)
Om Sarva Deva Devībhyo Namaḥ

While closing the right nostril with the right thumb, inhale through left nostril chanting mentally:

Om bhūh om bhuvah om suvah om mahah om janah om tapah om satyam

Hold the breath inside by closing the right nostril with the right thumb and left nostril with ring finger, while chanting mentally:

om tatsaviturvarenyam bhargo devasya dhimahi dhiyo yo nah pracodayat

Close the left nostril with the ring finger and exhale through the right nostril chanting mentally:

om apo jyotiraso mrtam brahma bhurbhuvassuvarom

Sankalpam

Mamopaatha samastha durithakshayadwaaraa s(h)ree Paramaes(h)vara
preethyartham s(h) ubhae s(h)bhaanae muhoorthaeaadhyahya brahmanahdvitheeya
paraartha s(h)vaetha varaaha kalpae, vaivasvatha manvantharae,
ashtaavims(h)athidamae kaliyugae, prathamae paadae,

Krauncha dweepae, Ramanaka varshe , Aindra Khande , PaschimE
parswe

**shakAbdhe asminnu varthamAne vyAvahaarike prabavAdheenAm sashtyA
samvatsaraaNaam madhye.**

(year name) **sarvari (2020)** naama samvathsarae,

Uttara aayane: whether in the upper half (Uttara) of the year (Jan 13-Jun 13), or lower half
(Dakshina *aayane*) of the year (Jun 13-Jan 13)

Vasantha rithou: name the season – Vasantha (Spring), Greeshma (Summer), Varsha
(Rainy), Sharad (Autumn), Hemantha (Pre-Winter), Sisira (Winter/Fall)

Mar/Apr: <i>Chaitra</i>	Apr/May: <i>Vaikashi</i>
May/Jun: <i>Aani</i>	Jun/Jul: <i>Aadi</i>
Jul/Aug: <i>Avani</i>	Aug/Sep: <i>Bhadrapada</i>
Sep/Oct: <i>Ashwina</i>	Oct/Nov: <i>Kaarthika</i>
Nov/Dec: <i>Maargashirshq</i>	Dec/Jan: <i>Thai</i>
Jan/Feb: <i>Maasi</i>	Feb/Mar: <i>Phaalguna</i>

{ month – kadakam (aadi) or simmam (avani)} Maasae

s(h)ukla pakshae (*Krishna pakshe*: whether in the first (Shukla) or second fortnight
(Krishna) of the lunar month)

Chaturthi shubha tithou: the actual day within the fortnight

bhr(u)gu vaasara yukthaayaam (Sunday (Bhanu vasara), Monday (Indu vasara), Tuesday
(Bhauma vasara), Wednesday (Sowmya vasara), Thursday (Guru vasara), Friday (Brugu
vasara) and Saturday (Sthira vasara) are the seven days of the week.)

(star) nakshathra yukthaayaam

asmakam sahakuthumbhanaam

S(h)ubhayoga s(h)ubhakarana Aevangina vis (h)aes(h)aena visishtaayaam mama
sakutumbasya kshemasthairya dhairya veerya vijaya aayuraarogya aishwaryaanaam
abhivruddhyartham *putra-poutra-abhivrudhyartham* samastha mangala avaapthyartham
samastha durithopa s(h)anthyartham dharmathma kaama moksha chaturvidha phala
purushaatha siddhyartham

Sri Siddhi Vinayka prasaadaena siddhyartham

yathaa shakthi dhyaana aavahanaadi samastha upachaara Sri <name of the puja/ritual> pujam aham
karishyae

Ghanta Puja - Worship of the Bell to Purify the Atmosphere.

Ring the bell while chanting:

*agamartham tu devanam gamanartham tu raksasam
kurve ghantaravam tatra devatahvanalanchanam*

Kalasa Puja - Worship of Pot of Water to Purify all Puja materials

Offer flowers in the *pancapatram*, small pot, which has been filled with water and decorated with sandal paste and vermilion. Cover the *pancapatram* with the right palm and chant:

*gange ca yamune caiva godavari sarasvati
narmade sindhu kaveri jalesmin sannidhim kuru*

O Rivers Ganga, Yamuna, Godavari, Sarasvati, Narmada, Sindhu, Kaveri, may you all be present in this water!

Sprinkle the water from the *pancapatram* on all the *puja* materials and on oneself.

Atma Puja - Worship of the Self.

Fold hands and chant:

देहो देवालयः प्रोक्तः जीवो देवस्सनातनः ।
त्यजेदज्ञाननिर्माल्यं सोऽहं भावेन पूजयेत् ॥

deho devAlayaH proktaH jlvo devassanAtanaH |
tyajed agnyAnana nirmAlyaM sohaM bhAvena pUjayet ||

The body is the temple. The *jīva* is the deity of this temple since the beginningless time. May one remove wilted flowers that are looked upon as ignorance and worship the Lord with an understanding that he is non-separate from oneself.

1. **Avahanam** - Invocation

Visualise the form of the deity and chant a *sloka* addressed to the deity. Take flowers and *aksatas*, rice, in hand and after chanting, offer at the feet of the Lord.

असमिन् बिम्बे देवं ध्यायामि (or the chosen deity) ध्यायामि
asmin bimbe sri devam (or the chosen
deity) dhyayami

असमिन् बिम्बे देवं ध्यायामि (or the chosen deity) आवाहयामि
Asmin bimbe sri devam (or the chosen deity) avahayami

I visualise Lord Deva, I invoke his form in this image.

Asanam - Seat

Offer flowers at the feet of the Lord, chanting:

आसनं सामर्पयामि
asanam samarpayami
O Lord! I offer you a seat.

Padyam - Water for Washing the Feet

Offer water in a cup, chanting:

पपद्यम् समर्पयामि

padyam smarpayami

O Lord! I offer you water for washing the feet.

Arghyam - Water for Washing the Hands

ffer water in a cup, chanting:

अर्घ्यं समर्पयामि

arghyam samarpayami

O Lord! I offer you water for washing the hands.

Acamaniyam - Water for Inner Purification

Offer water in a cup, chanting:

अचामनियं समर्पयामि

acamaniyam samarpayami

O Lord! I offer you water for inner purification.

Madhuparkam - Sweet

Offer water (or any offering such as ghee, curds, honey or sugar) in a cup, chanting:

मधुपर्कं समर्पयामि

madhuparkam samarpayami

O Lord! I offer you the sweet.

Snanam - Bath

Offer water in a cup, chanting:

स्नानं समर्पयामि

snanam samarpayami

O Lord! I offer you a bath.

Offer water in a cup, chanting:

स्नानान्तरम् अचामनित्यं समर्पयामि

snanantaram acamaniyam samarpayami

After the bath, I offer you water for inner purification.

Vastram - Cloth

वस्त्रं समर्पयामि

vastram samarpayami

O Lord! I offer you cloth.

Offer flowers or *aksatas*, chanting: *उपवीतं समर्पयामि*

upavitam samarpayami

O Lord! I offer you the sacred thread.

Abharanam - Ornaments

Offer flowers or *aksatas*, chanting:

आभरणं समर्पयामि

abharanam samarpayami

O Lord! I offer you ornaments.

Gandham and Kumkum - Sandal paste and vermilion

Offer flowers, *aksatas* or sandal paste, chanting:

गन्धान् धारयामि

gandhan dharayami

O Lord! I offer you sandal paste.

gandhasyopari haridrakunkumam samarpayami

O Lord! I offer you vermilion over the sandal paste.

Puspam - Flowers

पुष्पाणि समर्पयामि

puspani samarpayami

O Lord! I offer you flowers.

11. Guru OM

1. OM sri Sai Nathaaya namaha

2. OM Sri Sai Lakshmi naarayanaya namaha

3. OM Sri Sai Krishnaraamashiva maruthyaadhi roopaaya namaha
4. OM Sri Sai Seshasai ne namaha
5. OM Sri Sai Godhavarithata shirdhivasi ne namaha
6. OM Sri Sai Bhakta hrudaalayaaya namaha
7. OM Sri Sai Sarva hrunnilayaaya namaha
8. OM Sri Sai Bhoota vaasaya namaha
9. OM Sri Sai OM BHOOTA BHAVISHYAD BHAVA VARJITAYA NAMAHA
10. OM Sri Sai Kaalaa thiithaaya namaha
11. OM Sri Sai Kaalaaya namaha
12. OM Sri Sai Kaala kaalaaya namaha
13. OM Sri Sai Kaaladarpa damanaaya namaha
14. OM Sri Sai Mrutyunjayaaya namaha
15. OM Sri Sai Amarthyayaaya namaha
16. OM Sri Sai Marthyaa bhayapradhaaya namaha
17. OM Sri Sai Jivadhaaraaya namaha
18. OM Sri Sai Sarvadhaaraaya namaha
19. OM Sri Sai Bhaktaavana samarthaaya namaha
20. OM Sri Sai Bhaktavana prathikjnaaya namaha
21. OM Sri Sai Anna vastra daaya namaha

22. OM Sri Sai Aroogya ksheemadaaya namaha
23. OM Sri Sai Dhana maangalyapradaaya namaha
24. OM Sri Sai Buddhi siddhi pradaaya namaha
25. OM Sri Sai Putra mitra kalathra bandhudaaya namaha
26. OM Sri Sai Yogaksheema vahaaya namaha
27. OM Sri Sai Aapadbhaandhavaaya namaha
28. OM Sri Sai Maargabandhavee namaha
29. OM Sri Sai Bhukti mukti swargaapavargadaaya namaha
30. OM Sri Sai Priyaaya namaha
31. OM Sri Sai Preeti vardhanaaya namaha
32. OM Sri Sai Antharyaminee namaha
33. OM Sri Sai Sacchitatmanee namaha
34. OM Sri Sai Nityanandaaya namaha
35. OM Sri Sai Parama sukhadaaya namaha
36. OM Sri Sai Parameeshwaraaya namaha
37. OM Sri Sai Parabrahmanee namaha
38. OM Sri Sai Paramaatmanee namaha
39. OM Sri Sai Gnaana Swaroopinee namaha
40. OM Sri Sai Jagath pithre namaha

41. OM Sri Sai Bhaktaanaam maathru daathru pithaamahaaya namaha
42. OM Sri Sai Bhaktaabhaya pradhaaya namaha
43. OM Sri Sai Bhakta para dheenaya namaha
44. OM Sri Sai Bhaktaanugraha karaaya namaha
45. OM Sri Sai Sharaanagatha vatsalaaya namaha
46. OM Sri Sai Bhakti shakti pradaaya namaha
47. OM Sri Sai Gnana yraaghya prdaaya namaha
48. OM Sri Sai Preema pradaaya namaha
49. OM Sri Sai Samskhaya hrudaya dowurbhalya paapa karma vaasanaa kshayakaraaya namaha
50. OM Sri Sai Hrudayagranthi bheedakaaya namaha
51. OM Sri Sai Karma dhvamsiinee namaha
52. OM Sri Sai Suddasathva sthithaaya namaha
53. OM Sri Sai Gunaatheetha gunaathmanee namaha
54. OM Sri Sai Anantha kalyaana gunaaya namaha
55. OM Sri Sai Amitha parakramaaya namaha
56. OM Sri Sai Jayinee namaha
57. OM Sri Sai Durdhaarshaa kshobyaaya namaha
58. OM Sri Sai Apraajitaya namaha
59. OM Sri Sai Trilookeeshu avighaatha gatayee namaha

60. OM Sri Sai Ashakya rahitaaya namaha
61. OM Sri Sai Sarva shakti murthayee namaha
62. OM Sri Sai Suroopa sundaraaya namaha
63. OM Sri Sai Suloochanaaya namaha
64. OM Sri Sai Bahuroopa vishwamuurthayee namaha
65. OM Sri Sai Aroopaavyaktaaya namaha
66. OM Sri Sai Aachintyaaya namaha
67. OM Sri Sai Sookshmaaya namaha
68. OM Sri Sai Sarvaantharyaminee namaha
69. OM Sri Sai Manoovaaga theethaya namaha
70. OM Sri Sai Preemamoorthayee namaha
71. OM Sri Sai Sulabha durlabhaaya namaha
72. OM Sri Sai Asahaaya sahaayaaya namaha
73. OM Sri Sai Anaatha naatha deenabaandhavee namaha
74. OM Sri Sai Sarvabhaara bhrutee namaha
75. OM Sri Sai Akarmaaneeka karma sukarminee namaha
76. OM Sri Sai Punyasravana keerthanaaya namaha
77. OM Sri Sai Theerthaaya namaha
78. OM Sri Sai Vasudeevaaya namaha
79. OM Sri Sai Sataamgathayee namaha

80. OM Sri Sai Satyanaaraayanaaya namaha
81. OM Sri Sai Lokanaathaaya namaha
82. OM Sri Sai Paavananaaghaaya namaha
83. OM Sri Sai Amruthamsavee namaha
84. OM Sri Sai Bhaaskara Prabhaaya namaha
85. OM Sri Sai Bramhacharya tapascharyaadi suvrathaaya namaha
86. OM Sri Sai Satyadharma paraayanaaya namaha
87. OM Sri Sai Siddheshvaraaya namaha
88. OM Sri Sai Siddha sankalpaaya namaha
89. OM Sri Sai Yogeshwaraaya namaha
90. OM Sri Sai Bhagwatee namaha
91. OM Sri Sai Bhakta vatsalaaya namaha
92. OM Sri Sai Sathpurushaaya namaha
93. OM Sri Sai Purushootthamaaya namaha
94. OM Sri Sai Satyatatva boodhakaaya namaha
95. OM Sri Sai Kaamaadi shadyri dwamsinee namaha
96. OM Sri Sai Abheedaanandaama bhava pradhaaya namaha
97. OM Sri Sai Samasarvamatha sammataaya namaha
98. OM Sri Sai Sri Dakshinaa moorthiyee namaha

99. OM Sri Sai Sri Venkatesha ramanaaya namaha
100. OM Sri Sai Adbhuthaanantha charyaaya namaha
101. OM Sri Sai Prapannarthi haraaya namaha
102. OM Sri Sai Samsaara sarva dukha kshayakaraaya namaha
103. OM Sri Sai Sarva vitsarvato mukhaaya namaha
104. OM Sri Sai Sarvaantharbhahi stitaaya namaha
105. OM Sri Sai Sarvamangala karaaya namaha
106. OM Sri Sai Sarvaabhiishta pradhaaya namaha
107. OM Sri Sai Samaras sanmaarga sthaapanaaya namaha
108. OM Sri Sai samartha sadguru Sri Sai nathaaya namaha

Dhupam - Incense

धूपमाघ्रापयामि

dhupamaghrapayami

O Lord! I offer you incense.

Dipam - Lamp

Show the lamp held in the right hand with a circular clockwise motion three times; simultaneously ring the bell with the left hand, and chant:

दीपं संनदर्शयामि

dipam sandarsayami

O Lord! I offer you this light.

Offer a spoon full of water in the cup, chanting:

dhupadipanantaram acamaniyam samarpayami

O Lord! After *dhupa* and *dipa*, I offer you water.

Naivedyam - Food

Sprinkle water on the food while chanting:

ॐ भुर्भुवःसुवः ॐ तत्सवितुर्वरेण्यम् भर्गो देवस्य धीमहि धियो यो नः
प्रचोदयात्

*om bhurbhuvassuvah om tatsaviturvarenyam bhargo
devasya dhimahi dhiyoyonah pracodayat.*

The three worlds are pervaded by the Lord, the creator. *Om* is the basis of everything. That Lord is the one who is the most worshipful. We meditate on that all-knowing Lord. May he set our intellects in the right direction.

b) Ring the bell and offer the sanctified food with a flower in hand, with a sweeping motion from the food up towards the altar, for each of these six chants:

रॐ प्रणय स्वाहा ॐ अपानाय स्वाहा ॐ व्यानाय स्वाहा

Om pranaya svaha. Om apanaya svaha. Om vyanaya svaha.

ॐ उदानाय स्वाहा. ॐ समानाय स्वाहा. ॐ ब्रह्मणे स्वाहा

Om udanaya svaha. Om samanaya svaha. Om brahmane svaha.

I offer to this *prana*. I offer this to *apana*. I offer this to *vyana*.
I offer this to *udana*. I offer this to *samana*. I offer this to the
Lord.

c) Offer food at the feet of the Lord while chanting:

naivedyam nivedayami

O Lord! I offer you food.

d) Offer water while chanting:

नैवेद्यन्तरम् अचामनियं समर्पयामि

naivedyanantaram acamaniyam samarpayami

O Lord! I offer you water after the food.

e) Offer betel leaves and nuts, chanting:

ताम्बूलं समर्पयामि

tambulam samarpayami

O Lord! I offer you betel leaves and nuts.

*(If you don't have *tambulam* you may chant *tambulartham aksatan samarpayami* and offer *aksatas* instead).

15. *Karpura-niranjanam* - Lighted Camphor

a) Standing, show the camphor with circular clockwise motion three times; simultaneously ring the bell with the left hand and chant:

na tatra suryo bhati na chandratarakam

name vidyuto bhanti kuto yamagnih

tamevabhantamanubhati sarvam

tasya bhasya sarvamidam vibhati

There the sun does not shine, nor do the moon or stars. There this lightning does not shine; what to talk of this fire: That (awareness) shining, everything shines after it; by the light of that awareness, all this shines in various forms.

Offer lighted camphor, chanting

कर्पूरनिरञ्जनं संदर्शयामि

karpuranirajanam sandarsyami

O Lord! I show you lighted camphor.

b) Offer a spoonful of water into the cup while chanting.

अचामनियं समर्पयामि

acamaniyam samarpayami

O Lord! I offer you water for inner purification.

16. **Vandanam - Salutation**

a) Continue standing and offer flowers, chanting:

मन्त्रपुष्पं समर्पयामि

mantrapushpam samarpayami

O Lord! I offer you flowers with sacred chants.

b) Turn around oneself three times clockwise while chanting the *mantras* given below:

yani kani ca papani janmantarakrtani ca

tani tani vinasyanti pradaksinapade pade

May those omissions and commissions done in this life and also in the previous births and the resulting afflictions perish with every *pradaksina*.

tava tattvam na janami kidrso si mahesvara

yadrso si mahadeva tadsaya namo namah

O Lord! What is your nature? I do not know your

nature. Whatever be your nature, I offer salutations to you who are of that nature.

Offer salutations, chanting:

प्रदक्षिणनमस्करान् समर्पयामि

prakasinanamaskaran samarpayami

O Lord! I offer you circumambulation and prostration.

c) To seek forgiveness, one may chant:

mantrahinam kriyahinam bhatihinam mahesvara

yatpujitam maya deva paripuranam tadastu te

करचरण कृतं वाक्कायजं कर्मजं वा ।

श्रवणनयनजं वा मानसं वापराधं ।

विहितमविहितं वा सर्वमेतत्क्षमस्व ।

जय जय करुणाब्धे श्रीमहादेव शम्भो ॥

Kara-Caranna Krtam Vaak-Kaaya-Jam Karma-Jam Vaa |

Shravanna-Nayana-Jam Vaa Maanasam Va-Aparaadham |

Vihitam-Avihitam Vaa Sarvam-Etat-Kssamasva |

Jaya Jaya Karunna-Abdhe Shrii-Prabho Saitnatham ||

O Lord! may the *puja* done by me, even though devoid of proper *mantras*, wanting in the steps and in devotion, be received by you as complete.

Release the deity by offering flowers and *aksatas* at the altar and chant:

*asmad bimbad avahitam sridevam yathasthanam
pratisthapayami*

The Lord Deva (or the chosen deity) invoked at this altar is placed again in his own glory.

Samarpanam - Dedication to the Lord.

Take water into the right hand and pour the water in front of the deity while chanting:

*kayena vaca manasendriyairva buddhayatmana va
prakrtessvabhavat
karomi yadyat sakalam parasmai narayanayeti samarpayami*

Unto Lord *Narayana*, I dedicate all the acts that I perform with my body, speech, mind, senses and intellect which are born of deliberation or natural tendencies.

Complete the *puja* with salutation.

Take the water, flowers and *naivedya* as *prasada* from the Lord.

Sai Vrat Story

A pious lady named Kokila and her husband Mahesh were living in city. They had great affections towards each other. But Mahesh nature was quarrelsome and had little control over his speech and language. Neighbors were irritated by his nature. But Kokila was a pious religious lady, she had immense faith in god and coped up all troubles patiently.

Slowly, her husband's business went through a rough weather and incomes were almost nil.

Mahesh started staying in house the entire day and his quarrelsome nature worsened.

One afternoon, an aged Sadhu (saint) came and stood at the entrance of their home. His

face shone with unique luster. He asked for rice and pulses.

Kokila paid obeisance to the

Sadhu and offered him rice and pulses. The saint blessed her 'Sai will bless you with

happiness'. Kokila replied in frustration that happiness is not in her destiny and narrated him, her entire sorrowful story.

The saint advised her to observe SaiBaba's vrat for 9 Thursday by having fruits, liquids or by taking food only once on Thursday. If possible to visit SaiBaba mandir or perform Sai Puja at home, complete the vrat with due formalities on 9th Thursday by feeding the poor, distribute Sai vrat book to 5, 11 or 21 persons according to the devotee's capacity and thus spread the power of Sai vrat. This has miraculous effect and is best suited for this kalyug. It fulfills the innermost wishes of a devotee. But the devotee should have immense faith and devotion towards SaiBaba. Whoever observe and completes the vrat with due formalities, all his desires will be fulfilled by Baba.

Kokila also took a vow to observe 9 Thursdays vrat and she completed it with all formalities like feeding the poor, distribution of Sai vrat books on 9th Thursday.

The trouble in their house vanished and they were filled with peace and happiness. As

Ramesh's quarrelsome nature also changed for good, his business also picked up, and they prospered and started living happily.

One day Kokila's brother-in-law and his wife came from Surat and amidst conversation, they

told sadly that their children's are not studying well and they failed in examinations. Kokila

explained them the power of 9 Thursdays Sai vrat and she told them that devotion to Sai will

enable their children to study well. But faith and patience are very important. Kokila's sister-

in-law wanted the details about the vrat.

Kokila told her, to observe the fast by taking fruits, liquids or have food only once on all 9

Thursdays. Have darshan of Sai in a nearby Sai mandir on all 9 Thursdays.

This vrat can be observed by all men, women and children without any restriction on caste, creed and religion.

After some days, Kokila received a letter from her sister-in-law from Surat stating that her

children have started doing the Sai vrat and they have started studying well and she also observed the vrat and distributed Sai vrat books at her office. Regarding this, she had written that her friend Charu's daughter's marriage was fixed with a good suitable alliance because of this vrat and one of her neighbor's jewel box had got lost and after observing Sai vrat, 2 months later she got back her jewel box (sender being unknown), such wonderful experience she had narrated in her letter. Kokila realized the power of Sainath and Sai vrat and her devotion towards Sainath strengthened. Oh! Sai! Please bless us and confer us with happiness!

6. Miraculous Effect of Sai Vrat

6.1 Knee Pain Vanished Miraculously (Experience of Nisha Jain)

Whatever the disease may be, if a person cries in despair to Sai, Sai relieves him of the pain and cures him of the disease.

I was suffering from severe pain in my knees. A few days back, my legs were fractured and

bones near my knees were broken severely. Doctor suggested an operation, but I refused and after some days pain reduces and I became alright. Suddenly pain started again and couldn't dare to walk even few steps for a week and the pain was very severe. All our family members were planning for a Shirdi and Rajasthan trip during holidays. It was impossible for me to even think of accompanying them. I had created a scene because of my pain and I started feeling that I will not be able to walk in future. I had faith in Sainath; I had done fasting before, but not with any formalities or rules. One of my acquaintances told me the power of 9 Thursdays Sai vrat. I also wished to observe the vrat. I somehow gathered the courage and rode my scooter to Sai mandir. I prayed to him that I also want to visit Shirdi and would like to visit Rajasthan, the pain is unbearable and if my knee pain vanishes before I step out of the mandir. I vow to observe 9 Thursdays Sai vrat.

I had never experienced such a wonderful miracle in my life. As I stepped out of the mandir, my knee pain vanished miraculously. I felt very happy. I visited Shirdi, Rajasthan and walked a lot even trekked mountains with Sai's blessings without trace of pain.

6.2 Passed SSC Exam with Good Percentage

Hetal was studying in a school and she was not able to concentrate in her studies well. She completed her 9th standard with great difficulties. She always complained that she could not remember anything. Her parents were worried about her tenth standard. She failed in all subjects in Quarterly, Half Yearly exams in tenth standard. Some well wisher advised her to observe 9 Thursdays Sai vrat and she started observing Sai vrat and completed it sincerely. Hetal's memory increased and the teacher who had complained earlier started praising her. By Sainath's grace she passed SSC exams with 75% and she joined science group in 11th Standard.

6.3 Tumor Vanished

Jalpa had severe pain in her ears and her hearing ability also reduced to a great extent. She consulted an ENT specialist and Doctor told her that a small tumor like formation was in the rear part of the ear and surgery was a must and biopsy also had to be taken and he told the name of the disease and fixed the date for operation. All family members were upset. Jalpa decided to observe 9 Thursdays Sai vrat and she postponed the operation. She completed the Sai vrat by feeding the poor and distributing Sai vrat books. She went to the hospital and took all the required tests. All test reports were normal and the tumor had vanished. Doctor told her that she is absolutely normal and there is no need for the surgery. Her faith in Sai strengthened.

6.4 Miraculous Recovery from a Danger

RameshBhai's wife was suffering from constipation. She used to have a medicine called Harde mixed with warm water as a remedy. One day she had harde with warm water and

afterwards noticed that the glass was broken and a little piece of glass was missing. She doubted that the glass piece would have gone into her stomach along with the medicine. She searched for the glass piece but she could not find it. After two hours, blood came along with the stools and did not stop. Loss of blood was more and she became almost unconscious. It was 1'o clock in the midnight. RameshBahi lighted a lamp in front of Saibaba's photo and prayed that if the flow of blood stops and his wife is saved, then he will observe the vow of 9 Thursdays Sai vrat. After sometime the glass piece came along with the stools and blood flow also stopped. He took her to the hospital at the same night and the doctor told them that it could have been fatal if glass piece had caused any internal injury, but now she was perfectly alright. RameshBhai also observed Sai vrat and fulfilled his vow.

6.5 Transfer Order Cancelled

Neela was serving in an office. She was transferred from Ahmedabad to Kutch. Her mother

became very upset and fell sick. They tried all means and applied requesting to cancel transfer order. And one more order came to her that if she doesn't join within 10 days she will be expelled from the job. Her mother was tensed to send her daughter alone to such a distant place. It was a Thursday and Neela's friend Nandita visited her and advised her to observe 9 Thursday Sai vrat. Neela started the vrat same day. Surprisingly, on third day she received a letter stating that her transfer order to Kutch is cancelled and she has been transferred to a different branch in Ahmedabad itself. Her faith in Sai strengthened and she fulfilled the vow and fed the poor and distributed Sai vrat books on 9th Thursday.

6.6 Miracle Baby Delivered after 18 Years of Marriage

Mahindra and Rekha were childless couple. Rekha had to face criticisms from her in-laws; she tried lots of medications with no effect. They consulted many astrologers. Rekha was a government employee. One day her colleague Suresh distributed sweets and happily told

that a son was born to him after 10 years. He told about Sai vrat and advised Rekha to observe the vrat and gave her Sai vrat book. Rekha also observed Sai vrat with due formalities and She gave birth to baby girl 18 years after her marriage by Sai's grace.

6.7 Other Miracles

An educated good looking person was working in an advocate's office for some reasons he could not get married. After observing 9 Thursdays Sai vrat his marriage was fixed with good looking, employed and good natured girl.

A boy had completed Mcom but could not find a suitable job, He and his mother observed 9 Thursdays Sai vrat and completed with due formalities. He got a suitable job.

An artist was a sole bread winner of his family. He could not get good roles in TV or Films. After observing 9 Thursdays Sai vrat, his demand increased and he started getting good roles in TV, Regional films and prospered well.

A business man faced lots of problems and his income reduced, he started Sai vrat and

his business picked up and he prospered.